[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Small Things are Big

Introduction

There are many instances in one’s life that they are so consumed with the larger things that they tend to miss out the little things that are of value in one’s life (Cutrufello et al, 2016). It is very important for any person to make sure that they should have a perspective of how important it is for them to make sure that they tend to enjoy the smaller pleasures in life as these are some of the thing that tend to define a person at a given point of time (Cutrufello et al, 2016). Specially currently, where people are becoming more and more materialistic and are getting much more consumed with their lives, it is very important for them to keep in mind that at times the things that are smaller or insignificant in nature are the ones that are most important in their life (Cutrufello et al, 2016). The main thesis statement of this paper is that how important it is for the person to make sure that they tend to enjoy little things during their lives and make the most of the things that are happening in their surroundings (Rappaport et al, 2016).

Discussion

As one goes through their life, there are many experiences that are faced by them at the given point of time (Hagel et al, 2016). The key thing that is needed to be kept in mind is to make sure that they understand that how at times, little things that are not of great significance or are not measured in terms of the material value are the ones that are most important in life (Green and Smith, 2017). For instance, the habit of reading has declined among people with the passage of time, and as people are becoming more and more consumed with the gadgets, they have forgot about the value that the reading that gives to the pleasure at the given point of time (Barron et al, 2018). Psychologists have stressed about the fact that how important it is for a person to read so that they are able to make sure that they are in the position to expand their mind and reflect about their experiences and knowledge (Barron et al, 2018). Now this is a habit that has decline and as one gets older, even though it is quite a small and inexpensive thing to read and purchase a book, it is one of the most intrinsic pleasures in the life of the person at the given point of time (Barron et al, 2018). Most of the people, especially the younger generation is not aware with the pleasure of reading and thus they make mistakes in this regard (Barron et al, 2018). Thus it is crucial to develop understanding in this regard.

Coming towards some of the other aspects of their life, how the younger generation does not tend to enjoy or live in the moment (Cutrufello et al, 2016). If they are going at a picturesque venue, instead of enjoying the scenery and the place, the effort that is being done on their part is to make sure that how they can capture it with their high definition camera’s (Barron et al, 2018). The thought is lost upon the people that how they are going to be able to make sure that they make the best of the moment that is in front of them, instead they want to capture that memory for the future reference which is again shows that the tendency among these people is not to ensure that they are enjoying the moment at the given point of time, instead emphasis is one using their camera’s and getting the best shot and thus they tend to rob themselves with a good memory (Barron et al, 2018). The same thing that is being witnessed in terms of the way people tend to enjoy food (Cutrufello et al, 2016). The focus on the end of the people is to make sure that instead of enjoying and savoring the food, they tend to make sure that they are taking snaps of the food which is instead something that goes beyond the conventional thinking and logic in terms of the way whole thing is supposed to be working out at the given point of time (Barron et al, 2018). They don’t tend to savor the food which means that the food is something that is needed to be enjoyed to the fullest, people these days don’t tend to do that which is one of the prime reasons that they are not able to make the most of the experience or enjoy themselves at the given point of time (Cutrufello et al, 2016). So, this is another aspect that is needed to be kept in mind at the given point of time to make sure that clear perspective is developed with regards to the way people are needed to be working (Barron et al, 2018). People tend to have big expectations with their life these days and it is one of the prime reasons that they are not able to make the most of it (Cutrufello et al, 2016). Looking at the mental health of the people is also going to share further light on this aspect (Barron et al, 2018).

 What is needed to be kept in mind is that the mental health of people is far from ideal these days and the issues pertaining to depression and anxiety are increasing with the passage of time (Barron et al, 2018). It is imperative for the people to make sure that they take into consideration the broader issues that are at helm of affairs now to make sure that they take care of their mental health (Barron et al, 2018). One of the only ways through which they are going to be able to take care of their mental health is that they avoid this tendency of thinking too far ahead regarding what is going to be happening in future and instead effort must be made on their part to make sure that they concenter and divert their attention towards the current events (Barron et al, 2018). The more people are going to be thinking about the future, the greater is the likelihood that the broader issues that are faced by people at the given point of time are going to be resolved at the given point of time (Green and Smith, 2017). One of the ways through which they can do is by focusing on the present and enjoying the little goals and things that they have set for themselves in the future (Barron et al, 2018).

 Research has showed that reminiscing about the time when a person has felt happy or engaged is one of the better ways through which they are going to be able to make sure that they can get through some of the tougher phases in their life (Green and Smith, 2017). The idea at the part of the people must be to make sure that they should picture themselves in a positive situation and based on that experience they should try to find solace or sense of comfort in any situation at the given point of time (Barron et al, 2018). It also allows the person to make sure that they can recollect the things in an appropriate manner (Barron et al, 2018). It is one of the best coping mechanism that a person can develop at any given point of time and thus effort must be made on part of the people to make sure that they should keep themselves happy and engaged at any given point of time and must enjoy little things in life so that they have good set of memories and experiences to fall back upon when they are going through a tough time period (Barron et al, 2018).

Conclusion

In the hindsight, it can be said that it is very important for a person in their lives to make sure that they make the most of the moments that they have their disposal and enjoy the little set of things that they are supposed to facing (Barron et al, 2018). In the struggle of life, at times, as people are propelled by the increasing competition, it is very hard these days for the people to make sure that they focus on the smaller things, but these little experiences go a long way when it comes to making sure that creation of the shared life experience is witnessed for the people (Green and Smith, 2017). Another important aspect is to ensure that it is perfectly fine for people to experience failure and at times, achieving the smaller goals is also something that is completely acceptable in the broader scheme of things (Barron et al, 2018). The crucial thing is that people should be able to exhibit a character (Green and Smith, 2017). Effort must be made to enjoy the smaller pleasures and little things in life rather than opting for something extra ordinary (Barron et al, 2018).

# Works Cited

Barron, Andrew R., et al. "Big things in small packages." *Oilfield review* 22.3 (2018): 38-49.

Cutrufello, Paul T., James M. Smoliga, and Kenneth W. Rundell. "Small things make a big difference." *Sports medicine*42.12 (2016): 1041-1058.

Green, Susan, and Julian Smith III. "Small things draw big interest." *Science and children* 42.4 (2017): 30.

Hagel III, John, John Seely Brown, and Lang Davison. *The power of pull: How small moves, smartly made, can set big things in motion*. Basic Books, 2016.

Rappaport, Doreen, Bryan Collier, and Michael Clarke Duncan. *Martin's big words*. Weston Woods Studios, 2016.